

Ronald Reagan Fitness Center

July 2015 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m.				Ab Blast (15 min)	
7:15 a.m.		**Indoor Cycling** (60 min)		**Indoor Cycling** (45 min)	
11:30 a.m.	Bosu Ball Fitness (45 min) **Indoor Cycling** (45 min)	**Indoor Cycling** (45 min)	**Sports Conditioning** (45 min)	**Strength-N-Motion** (45 min)	**Indoor Cycling** (45 min)
11:45 a.m.		Zumba (45 min)			
12:15 p.m.	Ab Blast (15 min)		Ab Blast (15 min)		
12:30 p.m.	**Kickboxing** (45 min)	**Strength-N-Motion** (45min)	Kickboxing (45min) **Indoor Cycling** (45min)	**Indoor Cycling** (45 min) Zumba (45 min)	Body Blast (45 min)
1:15 p.m.	Ab Blast (15min)		Ab Blast (15min)		Ab Blast (15 min)
1:30 p.m.	Tai Chi (60 min)		Tai Chi (60 min)	1:30-3:30 Group Ex Rm Closed	Tai Chi (60 min)
1:45 p.m.		Yoga (60min)			
5:15 p.m.	**Indoor Cycling** (45min)		**Indoor Cycling** (45 min)		
5:30 p.m.	Yoga (60 min)	Power Circuit (45 min)		Boot Camp (45 min)	
6:00 p.m.			Yoga (60 min)		

**** Requires sign up 15 min. before the class starts. ****

Friday, July 3rd- Fitness Center closed in observance of Independence Day

INFORMATION:

<http://www.foh.hhs.gov/public/epafacilities/RR.html>

202.565.1930

